

Benching Cuffing season
Softboy
Haunting Sliding Tuning
A glossary of modern dating **metroLIFE**

LIVE
88.5 fm

NOW
IT'S CLEAR

90,000 WATTS

Ottawa
metro

YOU VOTED
Halifax top city in Canada
metroPOLL

High 32°C / Low 18°C Sunny

TALE OF THE *red tape*

From shutting down a lemonade stand to controversy over a rogue coffee shop patio, Ottawa is a city that never saw a rule or regulation it didn't like. Read all the palm-to-the-forehead details in **metroNEWS**

DAVE CHAN/FOR TORSTAR NEWS SERVICE



Lemonade venture turns sour

EMMA JACKSON/METRO



Starbucks patio a flashpoint



Heron Emergency Food Centre volunteers unload donated food. The centre is appealing for participants at its September walkathon. ERIN MCCracken/METROLAND MEDIA

AIRPORT PLANS

Sell-off could hit travellers



Haley Ritchie
Metro | Ottawa

The Ottawa Airport Authority says passengers could face higher fees if the country's airports are sold off to private investors.

The federal government is currently looking at whether Canada's major airports should be sold off to private investors as a way to raise tens of billions of dollars in new cash to fund ambitious infrastructure projects, according to a Torstar News Service report.

Airports run by not-for-profit authorities, like the Ottawa Macdonald-Cartier International Airport, are being considered.

A Transport Canada spokesperson would only say that Transport Minister Marc Garneau is "leading an engagement process" to hear feedback on the review's recommendations. Two sources told Torstar News Service that bureaucrats are under pressure to complete their review by August.

An earlier review, tabled in December, suggested privatization with new regulation would improve cost competitiveness.

But airport authority officials are warning privatization could also mean more expensive user fees, which are already high across the country and a reduction of services and cleaning.

"The cost of flying in Canada is high enough. You cannot ask travellers to pay more," said Mark Laroche, president and chief executive officer of the Ottawa International Airport Authority.

Laroche said a private investor will need to make a return, which would come from raising fees, investing less in capital or finding efficiencies.

The government is also looking at a variation of options including keeping the current model; keeping the not-for-profit operation but transferring the airport lands, now federally held, to private ownership; a for-profit operation under a concession or lease; and a for-profit model with the land as part of the deal.

WITH FILES FROM TORSTAR NEWS SERVICE

Banking on a big bounty

DONATIONS

With demand spiking, food centre walking the walk to help

September can't come soon enough for volunteers at the Heron Emergency Food Centre where emergency food supplies are helping feed a growing and record number of people, many of them refugees.

That month, a small group of people will come together to donate their time for the centre's annual five-kilometre walkathon.

But given the soaring demand for food, largely due to a spike in the number of new Canadians, including Syrian refugees, funds raised through the event are even more urgently needed.

"People are very committed to the food bank," said Lynn Sherwood, a volunteer board member with the Herongate-based centre, which was established in 1987.

"It's a small group of people who turn out every year and do the job."

But walkathon organizers are now trying to spread the word about the fundraiser in hopes of enticing more people to participate and collect pledges. Typically, about 15 people walk the route, though others help out by donating.

The walk generates \$8,000 to \$9,000 a year, helping the centre balance its budget and help tie people over.

But more walkers are needed.

"It's a big job for so few people," said Sherwood. "We want to try and create a sustained awareness of what's happening and of the need for funds."

April was a record month with almost 2,000 people coming through the centre's doors, including 87 seniors and 751

children and youth under the age of 18.

May saw the number decrease to 1,805 people, largely attributed to the availability of seasonal springtime jobs. Of those clients, more than 1,000 were adults, 608 were kids and there were 97 infants.

But that number is still high and is up from last year.

The number of refugees, many of them government-sponsored, relying on the centre for assistance today is climbing by about 40 to 50 every month. There was a total of 621 in February, and it was the same again in March.

Many have limited English. To help, the food centre scrambled to find eight Arabic-speaking volunteers who could help translate when people came in for donated food. Before the numbers swelled, the centre relied on just two.

+ THE LOWDOWN

The walkathon takes place Sept. 24 at 9 a.m. at St. Thomas the Apostle Anglican Church in Alta Vista. To register for the event and to pick up a pledge sheet, go to the Heron Road Community Centre, at 1480 Heron Rd.

In the search for more funding, the centre's board members unsuccessfully turned to the city to ask for an increase to the \$35,000 provided each year to help offset overhead costs. They have been met with the same response from other levels of government.

What that means is having to rely more heavily on individual donations, food brought in from the Ottawa Food Bank and support the centre receives from area churches and other groups, such as hockey teams, Scouts and schools.

But given the increasing demand, the worry remains that if additional funds can't be

raised then more food items will have to be cut from the hampers.

"If we don't get it we can't feed them," Sherwood said, adding that diapers are also needed. "What we'd have to do is cut back on what we give them."

More food donations, especially fresh fruit and vegetables, are expected to come in later this summer as people bring in excess produce from their gardens. The Ottawa Food Bank also supplies fresh food through its community farm.

Food is also collected at local grocery stores, and members of churches in the area can be counted on, especially at Christmas when they generate donations for the food centre during their holiday concerts.

"Some people are good hearts and they really, really care, and they feel helpless," said Sherwood.

"The food bank is a way for them to demonstrate, in a concrete fashion, that they can give somebody something to eat."

ERIN MCCracken/METROLAND MEDIA



Some people are good hearts and they really, really care, and they feel helpless.

Lynn Sherwood

Marijuana patients brace for possible mail delays

LABOUR

Canada Post unrest has some looking for alternates



Lucy Scholey
Metro | Ottawa

Medical marijuana patients are bracing for late prescription deliveries and mail disruptions as Canada Post labour talks continue this week.

As of Monday, Canada Post had yet to give the required 72 hours notice of a lockout, and the postal workers union had yet to give notice of job action.

But some licensed cannabis producers have already found alternate delivery methods for the tens of thousands of Canadian patients who get their medicine by mail.

Tweed Marijuana Inc., a company based in Smiths Falls, Ont., switched to multiple couriers about a week and a half ago.

"This is a big logistical system, so when you change from one provider to the next, there are bound to be people impacted by it," says Jordan Sinclair, communications manager at Tweed. "Surprisingly, it's been fairly smooth."

But one medical marijuana advocate is still worried.

Laurie MacEachern, managing director at Medicinal Cannabis Patients' Alliance of Canada Inc., says medical cannabis users already struggle with what she calls a "haphazard" government marijuana program, citing delivery issues, missing packages and stock



Tweed Inc. workers tend to medical marijuana plants in Smiths Falls, Ont. MICHEL COMTE/AFP/GETTY IMAGES FILE

The patients are suffering stress and anxiety, which very often are conditions that they're treating with the cannabis. Laurie MacEachern

shortages among the problems.

"The consistency and uniformity for something that is so strictly regulated is just very haphazard and doesn't instill a lot of faith in the system," she says. "The patients are suffering stress and anxiety, which very often are conditions that they're treating with the

cannabis that they're waiting for in the first place."

The Canada Post problem adds "another layer," she says.

The concern for Dianna Donnelly, a medical cannabis user in Kingston, Ont., is security. She's heard horror stories about prescription cannabis packages getting lost in the mail

and she's curious to see how a new courier fares.

"I'm almost expecting delays," she says.

The government changed its medical marijuana rules two years ago, so only licensed producers can mail out prescription orders.

According to Health Canada, there were 53,649 clients registered through the government's medical marijuana program at the end of March. By comparison, 18,512 clients had registered by the end of March in 2015.

The client base of Tweed, and its sister company Bedrocan Cannabis Corp., has exploded from a few hundred in their May 2014 launch to more than 16,000 combined, said Sinclair. Meanwhile, Canada Post and CUPW are still at the negotiating table.

Mike Palecek, national president of the Canadian Union of Postal Workers (CUPW), says a sticking point is pay equity for rural and suburban mail carriers, particularly women.

WITH FILES FROM THE CANADIAN PRESS

VAPE LOUNGE

Buzz On closes ahead of new rules



Emma Jackson
Metro | Ottawa

Ottawa's only vapour lounge has closed its doors — and its founder blames the Ontario government.

Buzz On vape lounge in Vanier opened for the last time June 30, 14 months after it debuted in April 2015, said founder Wayne Robillard. The lounge is a membership-based gathering spot for medical marijuana users, and attracted about 250 unique customers each month.

The closure is directly linked to new Smoke-Free Ontario rules that ban smoking medical marijuana anywhere tobacco is already forbidden. "There was a lot of apprehension" on the landlord and investors' part to risk the fines and legal fees, he said.

Buzz On opened ahead of last year's 4/20 celebrations on April 20, the annual day of action for marijuana advocates.

Bylaw officers closed the lounge briefly about two months later because the building didn't have the washrooms and ventilation to meet zoning requirements, Robillard said. Once they fixed those issues, they reopened and had no problems until the province passed its new smoking laws last month, he said.

Bylaw chief Roger Chapman said at the time that his department will target "businesses who are non-compliant."

Buzz On's closure will "fragment the community" and push users into public places, Robillard predicted. He added it's "a crazy, crazy time" to be targeting pot-based businesses, since Ottawa plans to legalize it next spring.

He may reopen in a new location but Robillard said he's going to "wait and see" how officers deal with Toronto's lounges first.

OTTAWA • SMITHS FALLS • ARLPRIOR

Willis College graduates get 100% placement in direct field of study.

Where will you be in one year from now?
Get a career that will change your life!



1. START WITH THE WILLIS ADVANTAGE

150 years of success. Downtown Ottawa Campus. Co-op with Fortune 500 companies.

Join the thousands of our graduates who enjoy rewarding and fulfilling careers.

3. GET THE CAREER YOU'VE DREAMED OF

2. GET HELP WITH FINANCING

Come explore your many options of financing available to help. Contact us to find out more.

ADVANCED NETWORK SECURITY PROFESSIONAL DIPLOMA PROGRAM

Starting Dates: May 30th and June 13th

Book an appointment with a career advisor.

Phone: 613-233-1128
Toll free: 1-877-233-1128
Email: info@williscollege.com
Online: williscollege.com

Fainting test to save patients' lives

HEALTH

Hospital hopes screening tool will narrow down causes



Joe Lofaro
Metro | Ottawa

Fainting can most often be a relatively harmless symptom of dehydration or a drop in blood pressure.

But what if it's a sign of an underlying life-threatening condition, like heart disease or bleeding in the belly?

That's a question a team at the Ottawa Hospital has attempted to answer with a new screening tool developed for patients who end up in the emergency room after a fainting spell.

Researchers studied 4,030 pa-

tients in six Canadian emergency rooms for the study, which was published Monday in the Canadian Medical Association Journal. Of those who participated, 147 suffering from a serious medical event within a month after being discharged.

The nine-question tool helps doctors evaluate whether a patient should be admitted and assesses the probability of whether a patient has an underlying health condition that requires further monitoring.

"At the present time, we are small numbers, but we are discharging a proportion of them home to suffer from these serious conditions because they are not detected," said the study's co-author, Dr. Venkatesh Thiruganasambandamoorthy, an emergency physician and scientist at The Ottawa Hospital and an assistant professor at the University of Ottawa.

"Some of them go home and suffer arrhythmia and may even

die."

The new online tool will assess a number of factors a doctor will consider before sending the patient home, including abnormal electrocardiogram (ECG) measurements and higher levels of troponin, a protein specific to heart muscle.

Across Canada, there are approximately 150,000 emergency room visits each year related to fainting, which cost the health-care system about \$39 million each year, according to Thiruganasambandamoorthy.

In Ottawa, the General and Civic campuses receive about 1,500 fainting patients per year and the average daily stay at the hospital costs about \$1,140.

"It takes a lot resources because they (patients) stay for five to eight hours in the emergency department," he said.

"We are hoping that people will start using it (today), particularly in making sure the high risk patients are not sent home."

“It takes a lot of resources because they stay for five to eight hours in the emergency department.” Dr. Venkatesh Thiruganasambandamoorthy

Dr. Venkatesh Thiruganasambandamoorthy, an emergency physician and scientist at The Ottawa Hospital and an assistant professor at the University of Ottawa, helped develop a new tool to assess fainting patients in emergency rooms across Canada. COURTESY THE OTTAWA HOSPITAL

3 THINGS HAPPENING AT CITY HALL OVER THE NEXT WEEK



Lucy Scholey
Metro | Ottawa

It may be July, but the debate is heating up over... snow? Here's what else to expect at Ottawa City Hall.



1 Snow plow plan

Few people want to think about snow at this time of year, but Ottawa city councillors will debate a new snow removal plan at the transportation committee on Wednesday. A staff report proposes waiting until the snow gets a little deeper before they plow residential neighbourhoods, which should help save the city \$6 million. But some city councillors are worried about cutting a core city service.

2 Sparks Street

The city wants to scale down the complicated Sparks Street governance structure, albeit slightly. After exploring a few options, City Manager Steve Kanellakos say two groups should still oversee the goings-on of the pedestrian strip: the business improvement area and the Sparks Street Mall Authority. The finance and economic development committee will consider the future of Sparks Street on Tuesday.



3 Report: Lansdowne Park profits to boom

The City of Ottawa is projecting a bigger cut in profits from Lansdowne Park than expected. The park should pull in \$32.5 million for Ottawa over the next 30 years — almost \$10 million more than initially forecast — according to a report from the city manager's office. The report will be presented to the finance and economic development committee on Tuesday.

— WITH FILES FROM THE OTTAWA BUSINESS JOURNAL

TRAIN FOR A CAREER AS A MEDICAL OFFICE ASSISTANT

The growing need for medical and dental services by an aging population and a focus on improving access to healthcare in Ontario is fuelling demand for trained and knowledgeable Medical Office Assistants. The secret to getting ahead is getting started!

CLASSES STARTING SOON!

**CONTACT US TODAY
613-722-7811**



ALGONQUIN CAREERS ACADEMY

1830 Bank St, at Walkley station • 613-722-7811 • www.algonquinacademy.com

SOCIAL MEDIA

Video of dancing officer goes viral

A nearly 30-year veteran Ottawa police officer who does not have a Facebook profile and doesn't do Instagram has instantly become a social media superstar after a video of her dancing in the street in her uniform started to go viral.

The video, posted to Facebook on Friday, has been viewed more than 840,000 times and is on track to break the million mark.

Det. Tracey Turpin was working with her partner on Canada Day when a local videographer, Yves Soglo, approached her on Rideau Street and asked if she would like to be part of a Jus-

tin Timberlake cover video for his latest single, Can't Stop the Feeling.

"I thought 'What the heck. It's my last Canada Day,'" said Turpin, a mother of two adult daughters who is set to retire from the police service in January. "My husband thinks it's awesome."

The video shows Soglo taking her hand before they broke out into a brief salsa routine. A group of young men later join in the dance-off and sing along to a Backstreet Boys song.

Soglo said on Facebook he was pleased to see police engage with

the community in a positive way.

"Like I said before, many police officers get a bad rep. I was lucky enough to meet some of Ottawa's finest," he wrote on his Facebook page.

Police Chief Charles Bordeleau shared the video on Twitter with the hashtag #ProudChief.

Turpin says it's likely "the first and last time" she will dance like that in public. She is gearing up for a retirement party in 2017, where she may bust a move or two. And if somebody puts on a Justin Timberlake song?

"Who could say no to that?" she said. JOE LOFARO/METRO

When the government gives you lemons

PERMITS

Trade agency apologizes for shutting kids' lemonade stand



Haley Ritchie
Metro | Ottawa

After a sour online response, the

National Capital Commission has apologized for shutting down a children's lemonade stand over the weekend.

Seven-year-old Eliza Andrews and her five-year-old sister Adela had a morning of sweet sales when they set up near their house along Colonel By Drive Sunday morning.

The stretch of road is closed to motorists on Sundays and opened to pedestrians and cyclists.

After about two hours of sales

they were promptly shut down by an NCC officer because they didn't have a permit.

"We understood that it was NCC property," said father Kurtis Andrews, who built the lemonade stand to teach his daughters some real world business skills. "But we figured a kids' lemonade stand wouldn't raise a bunch of fuss, and no one would probably make a big deal about it."

On Monday morning the girls and their dad were invited to

NCC headquarters to talk about bringing the lemonade stand back — with the proper documentation.

"They gave us the royal treatment," said Andrews. "We put in an application for a permit, and it sounds like they'll be expediting whatever process is required so we can set up next Sunday for the next bike day."

He said they haven't talked yet about whether or not the permit fee would be waived.



Sisters Eliza (Right) and Adela Andrews with their lemonade stand. DAVE CHAN / THE TORONTO STAR

Illegal patio a result of policy gaps: Fleury



Emma Jackson
Metro | Ottawa

A recent patio spat highlights the need for better city policy, says Rideau-Vanier Coun. Mathieu Fleury.

The Starbucks coffee shop at the corner of Waller and Rideau streets had installed an illegal patio along Rideau last fall, and only applied for a seasonal permit once bylaw officers came knocking.

They set up illegally again this spring, and the city's transportation committee will rule on the application on Wednesday.

While Fleury said he's frustrated Starbucks ignored city process and will now likely get its way — staff are recommending the permit be approved with retroactive fees — he said the issue is

part of a larger policy gap.

"We're trying to pedestrianize the streets, create wider sidewalks," he said.

But the current encroachment bylaw simply dictates businesses must leave the minimum 1.8-metre clearance for pedestrians — so as sidewalks grow, so can patios.

"As soon as there's an opportunity, the businesses will try to gain the sidewalk," Fleury said.

He said he's not anti-patio, but there has to be a balance.

"There's a sweet spot where you have a patio and you have enough sidewalk space to enjoy the benefits of wider sidewalks," he said. "The patio is a luxury."

The patio in question is about three metres wide, taking up half the six-metre sidewalk. That's well within the city's accessibility standards, staff said.



The city's transportation committee will decide if the patio can stay at its meeting this Wednesday. EMMA JACKSON / METRO

COMMUNITY FIGHTS FOR PARK

Rapid transit route will kill Linear park, group says

Woodland Avenue residents are fighting to keep Byron Linear Park intact as the city finalizes stage two LRT.

Larry Ladell with the Woodpark Community Association said New Orchard Station should be located north of Richmond

Road instead of south.

The current plan would destroy the neighbourhood's only parkland with the construction of an open-air station serving the underground train, Ladell said. The city is accepting feedback on the proposed alignment after June 4.

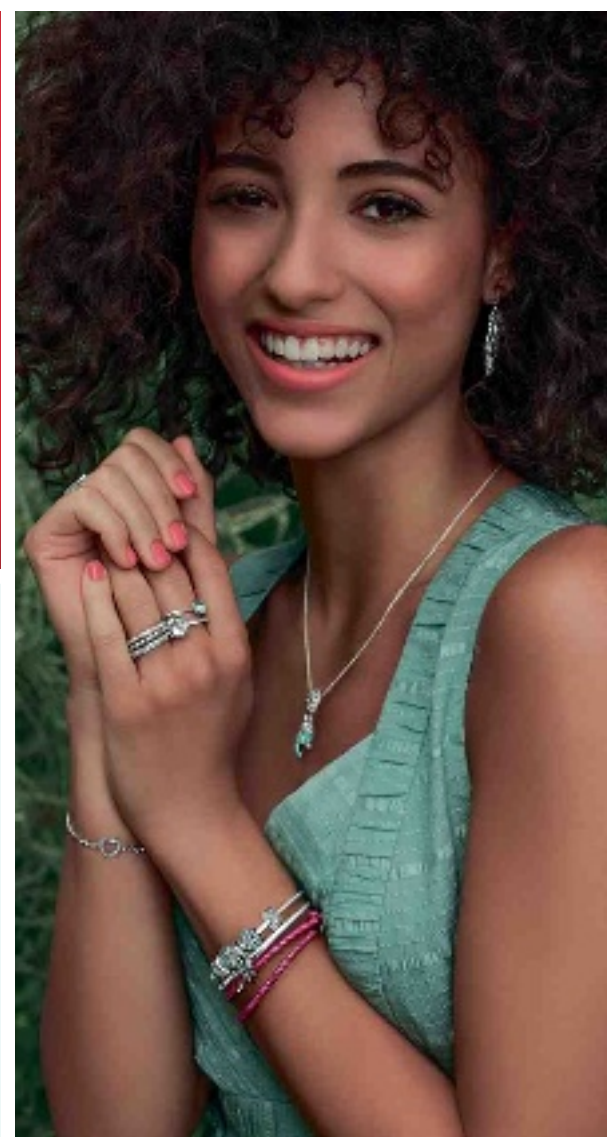
EMMA JACKSON / FOR METRO

JULY 7-17

FREE RING*

WITH PURCHASE OF ANY TWO PANDORA RINGS

(FREE RING MUST BE OF EQUAL OR LESSER VALUE)



PANDORA®

THE PANDORA STORE AT
RIDEAU CENTRE

613.695.6997

Facebook.com/PandoraatRideau

*While supplies last at participating retailers. No substitutions. Ring selection may vary by store. Excludes gift card purchases.

© 2015 Pandora Jewelry, LLC • All rights reserved

CALGARY

Police to beef up Stampede security

Police and security officials say Big Brother will be a big help as they prepare to enforce the law at the Calgary Stampede.

The 10-day cowboy festival, which kicks off Friday with a parade, will have its own separate police district at the Calgary Stampede grounds.

There were 1,168,509 people who walked through the turnstiles last year and Stampede District commander, Insp. Leah Barber, says it's challenging to have about 100,000 people each day in the roughly 100-hectare park.

"We want to make sure we're visible. When someone is having a problem or they see something they think isn't right, we want to be there for them," said Barber.

"It's a lot of people in a very small area of the city, but luckily almost everybody here is here to have a good time and not to be doing criminal activity."

It's not always peaceful. Last summer officers responded to a fight in the midway area and discovered two men with stab wounds. One of them died last fall.

Bag checks will be in place at the front gates to search for weapons and alcoholic beverages.

The manager of security services for the Stampede said there will be additional officers assigned to the midway area. There are also a lot of cameras on the site, so if something untoward happens there's a good possibility it will be caught on video.

"Chances are very good. I won't give you exact numbers but we do have a rather exten-

sive CCTV network on the park," said Paul Burrows.

Barber said having security cameras doesn't always prevent crime, but they are useful.

"When you have something occur, and you have video that shows what actually happened, it certainly makes prosecution easier," she said.

"And sometimes it does make it easier to identify offenders or victims later if we can get the video soon enough."

Having 100,000 people in one place could also make the Stampede a target in any kind of terrorist attack, although Barber said she doesn't see that happening. But all precautions are being taken, she said.

"With everything that's gone on around the globe recently, it's something that we're very aware of. We've been doing a lot of analytical work to ensure we have the information that we need."

"At this time we don't have any information suggesting that this is a high-risk target, but as a police service in general we want to make sure we're keeping all Canadians safe." THE CANADIAN PRESS

66

At this time we don't have any information suggesting that this is a high-risk target.

Insp. Leah Barber



A man competes in the steer wrestling event during Calgary Stampede on July 5, 2015. THE CANADIAN PRESS FILE

CRIME

Child exploitation at 'epidemic proportions'

Canadian police lack the resources to keep pace with the burgeoning threat to children from online sexual predators, federal officials have warned the public safety minister.

An internal briefing note to Ralph Goodale says digital child pornography poses increasing challenges for criminal justice agencies.

The problem is fuelled by the growth of technology al-

lowing online anonymity, new legal hurdles for police and easier travel to places where children can be abused and photographed, the note says.

The Canadian Press obtained a copy of the February memo under the Access to Information Act. It said although data is limited, some believe online child sexual exploitation has reached "a level of epidemic proportions." THE CANADIAN PRESS



Ken Leppert of the Ontario Provincial Police, speaks with colleagues at the Pride Festival parade in Toronto, Ont. GETTY IMAGES

Ban on police floats 'stupid': Union head

DEMANDS

Black Lives Matter held a sit-in during Pride Parade

Members of the Toronto police force say they're offended that Pride organizers agreed to a list of demands set out by Black Lives Matter during Sunday's parade.

The list includes nine demands that range from banning police floats in future parades to increasing funding for spaces for racialized communities.

Janaya Khan, co-founder of

Black Lives Matter Toronto, said the group took the position they were given in the parade as an opportunity to open up a conversation about how to make Pride more inclusive for marginalized groups.

Members of the group held a sit-in part way through the city's 36th annual Pride Parade, stopping it from moving forward for about a half hour.

It resumed when Pride's executive director, Mathieu Chantelois, signed the list of demands.

The president for the union representing the city's police officers said he's outraged that Pride would accept the demands.

Mike McCormack said that

66

We have been supporting this parade for years, long before politicians and other people. Mike McCormack

police officers have been supporters of Pride for years, and that it's "stupid" to try and exclude them.

"This is about the Pride parade, this is not about Black Lives Matter," he said in an interview Monday.

"We have been supporting this parade for years, long before politicians and other people. To suggest that police should be removed and not have a float or booths or be allowed in the community space, that's

complete and utter nonsense."

He suggested that Black Lives Matter shouldn't be allowed to co-opt another group's event. Khan took issue with that stance.

"I can't co-opt what is mine," said Khan, who is part of the LG-BTQ community, adding: "It was never community consensus that police floats should be a part of Pride to begin with."

And Khan noted that this sort of political action isn't unprecedented at Pride parades.

THE CANADIAN PRESS

WILDFIRE

Half of B.C.'s Burns Bog fire contained

About 90 per cent of a peat bog south of Vancouver is expected to regenerate in the coming years, but it could take a century before the entire area recovers from a fire that tore through it on Monday, says the head of a conservation society.

Eliza Olson, founder of the Burns Bog Conservation Society, said the 30-square-kilometre nature reserve in Delta is believed to be the largest undeveloped urban wilderness area in North America.

"That's one of the beauties of having Burns Bog here in the water table," she said in

an interview Monday.

"Because it's at the mouth of the Fraser River, it's an estuary-raised bog. You normally don't find a raised bog this far south."

A fire reported at Burns Bog on Sunday was about 50 per cent contained by Monday afternoon, with crews hoping to fully contain the flames by Tuesday morning at the latest.

Chief Dan Copeland of the Delta Fire Department said the blaze was 78 hectares in size, and about 80 firefighters from a number of jurisdictions were battling the fire.

How the fire started was unclear, he said, but a team of investigators from the Delta Fire Department and B.C. Wild-fire Service were working to determine the cause.

Burns Bog is one of North America's largest peat bogs and flames can sink under the dry peat, where they burn out of sight.

But ground conditions and a quick response from firefighters kept the flames from burrowing beneath the peat, Copeland said.

Fighting the fire is still tricky, he added, because of

the area's soggy terrain.

Delta police have said it could take at least a week to extinguish the fire.

An evacuation order for businesses near the blaze was scheduled to be lifted Monday night. Highway 17, a major thoroughfare that cuts through Delta, was expected to remain closed from Highway 99 to the Highway 91 connector for several days.

Mayor Lois Jackson said the fire is a "major emergency" and the community was under provincial emergency status.

THE CANADIAN PRESS

BANGLADESH

Officials question hostages

Some of the hostages rescued from the weekend attack on an upscale restaurant in Bangladesh's capital were questioned Monday by investigators searching for clues about the possible masterminds behind the gruesome attack that left 28 dead, including many foreigners.

Authorities were still holding five of the 13 hostages rescued when commandos stormed the restaurant in Dhaka's diplomatic zone Saturday morning, killing six of the attackers and capturing one, according to officials.

Bangladesh police chief A.K.M. Shahidul Haque said authorities would be interrogating two men, including a suspected militant, who were detained during Saturday's operation. He would not say whether either had been among those counted as hostages, only that they were being treated in a hospital for unspecified injuries.

A second official said the five former hostages still being held included a Canadian citizen of Bangladeshi origin and a Bangladesh-born British citizen.

Global Affairs Canada, the government department which manages Canada's diplomatic and consular relations, and consular officials at the High Commission of Canada in Dhaka said they had not received any reports of a Canadian citizen being detained.

The brutality of the attack has stunned the traditionally moderate Muslim nation and raised global concerns about whether it can cope with increasingly strident Islamist militants.

That the attackers targeted a popular restaurant in the heart of the diplomatic quarter of Bangladesh's capital signalled a shift in militant tactics. Previously, most attacks were carried out by gangs of young men wielding cleavers and machetes and hacking individual victims before fleeing.

THE ASSOCIATED PRESS



People light candles on Monday at the scene of a massive car bomb attack in Karada, a shopping district where people were shopping, in the center of Baghdad, Iraq. HADI MIZBAN/THE ASSOCIATED PRESS



Iraqi men grieve at the scene of a deadly suicide car bomb on Monday. HADI MIZBAN/THE ASSOCIATED PRESS

Death toll climbs in Iraq

TERRORISM

Officials aim to tighten security measures

As the death toll from the weekend truck bombing in Baghdad climbed to 157, Iraq's embattled prime minister ordered new security measures, including abandoning the use of bomb-detection wands that U.S. experts pronounced worthless years ago.

But security forces were still using the devices Monday evening, as a string of smaller bombings in the capital killed 16 people and wounded dozens more.

Sunday's suicide attack by Daesh was the single deadliest bombing to hit Baghdad in more than a decade of war and insurgency.

Also Monday, five convicted terrorists were executed in Baghdad, the Ministry of Justice said in an announcement that appeared aimed at restoring faith in Iraq's security forces in the wake of the devastating attack.

Firefighters and medical teams were still uncovering bodies from the city's Karada neighbourhood Monday morning. Officials said a dozen people were missing and at least 60 of the dead were women and children. At least 190 people were wounded.

The blast struck after midnight when the neighbourhood was bustling with people break-

ing their daylight fast during the Muslim holy month of Ramadan. The attack demonstrated Daesh's ability to strike the capital despite a string of defeats on the battlefield, including the loss of Fallujah just over a week ago.

With public anger mounting, Prime Minister Haider al-Abadi ordered new security measures Sunday evening, including increased aerial scanning and intelligence-gathering in the capital and the installation of X-ray systems at the entrances of provinces.

He also ordered security forces to stop using a handheld electronic device that was widely sold as a bomb detector but has been repeatedly branded bogus by technical experts. And he ordered the reopening of an investigation into the purchase

of the ADE 651s, which cost the Iraqi government tens of thousands of dollars each.

In 2010, British authorities arrested the director of the British manufacturer, ATSC Ltd., on fraud charges, prompting Iraqis to open their own investigation. Iraqi authorities made some arrests, but the device remained in use.

On Monday evening, Associated Press reporters saw a number of the devices still being used at checkpoints around the capital as another round of blasts erupted.

Many Iraqis blame their political leadership for the way large amounts of explosives have made it past multiple checkpoints into crowded neighbourhoods with disastrous results.

THE ASSOCIATED PRESS

+ MORE ATTACKS

Small-scale bombings occur on a near-daily basis in Baghdad.

■ **In May** a string of large-scale bombings, many of them claimed by Daesh, killed more than 200 people in a single week.

■ **In February**, Amnesty International reported that the number of Iraqis sentenced to death in 2016 was close to 100.

■ **Later Monday**, about 10 rockets struck a refugee camp for Iranian exiles next to Baghdad's international airport, according to a Baghdad police official.

IN BRIEF

Explosion in Saudi mosque

A suicide bombing outside one of Islam's holiest sites killed four Saudi security forces on Monday, and similar attacks outside a Shiite mosque and a U.S. Consulate in two other Saudi cities raised fears of a co-ordinated assault aimed at destabilizing the Western-allied kingdom. The Interior Ministry said five others were wounded in the attack outside the mosque where the Prophet Muhammad is buried in Medina. THE ASSOCIATED PRESS

BREXIT AFTERMATH

Party leader steps down as political turmoil continues



UKIP leader Nigel Farage

AFP/GETTY IMAGES

Britain's Conservative prime minister is stepping down. The Labour Party leader is barely clinging to power. And now the head of the U.K. Independence Party, a key architect of the dramatic vote to leave the European Union, has resigned as well.

It has left the country with a power vacuum just as someone needs to step up and own the talks on how Britain will exit the EU.

The June 23 referendum results have ripped through British politics like a buzz saw.

The new Conservative Party

leader will be chosen Sept. 9 and will become prime minister. The contenders are talking in general terms about "Brexit" plans, but their words aren't backed by any authority.

UKIP leader Nigel Farage said Monday he is leaving his party post because he wants his life back after years of political intrigue.

But observers note he's keeping his seat in the European Parliament and may well be hoping for a formal role when the new prime minister takes power and, most likely, starts Brexit talks with EU

leaders.

On top of Prime Minister David Cameron's and Farage's departures, Labour Party leader Jeremy Corbyn is clinging to office despite having lost a confidence vote by his party's lawmakers.

The Conservative Party leadership race will offer some clarity, since the winner of the party contest will become prime minister and presumably take responsibility for key Brexit decisions.

The race has been shaped by the virulent feud between leading "leave" campaigners

ex-London Mayor Boris Johnson and Justice Secretary Michael Gove, who torpedoed Johnson's bid for the top spot with his own last-minute entry.

Amid the uncertainty, a prominent law firm says it may go to court to force a vote in Parliament on the referendum.

The law firm Mishcon de Reya, acting on behalf of a group of anonymous clients, argues that the referendum wasn't legally binding and that it is up to Parliament to have their say before the next prime minister invokes Article 50.

THE ASSOCIATED PRESS

Swap app shakes up transfers

FOREIGN EXCHANGE

TransferWise allows users to send money to 60 countries

Kristo Käärman and Taavet Hinrikus built a billion-dollar business out of their common spendthrift's conundrum.

Käärman was paid in British pounds at his job in London, but needed euros to pay off his student loans in Estonia. His countrymate Hinrikus was getting paid in euros through a bank account back home, but living in London and spending pounds.

Both were frustrated with how much money they were losing to their banks when transferring money to and from their own accounts.

So they decided to invent a new system.

The two partnered to create TransferWise, a peer-to-peer foreign-exchange swap system that changes the way consumers in 60 countries send money abroad.

"I realized the way it works is the bank just uses a different exchange rate," Käärman said in an interview ahead of TransferWise's Canadian launch in April.

"It's a very sneaky trick by the banks to fool you into thinking there's a fixed rate



TransferWise's two founders **Kristo Käärman** and **Taavet Hinrikus**. TORSTAR NEWS SERVICE

and actually they're taking a fee," Käärman said.

Since its founding in 2011, TransferWise has become a "unicorn" — a startup worth more than \$1 billion — and attracted investors including Sir Richard Branson and PayPal founder Peter Thiel. It has been named Apple's "most innovative" app.

The service entered the Canadian market this spring,

"This is almost like the sharing economy in the financial sense."

Kristo Käärman

enabling users to send Canadian dollars to any of the 60

countries and 35 currencies on TransferWise's platform.

The company believes Canada is a market ripe for disruption, with more than three million Canadians living abroad and seven million people here who were born overseas. It estimates that Canadians are paying more than \$1 billion in fees to transfer about \$30 billion abroad every year.

TransferWise charges 1.2

per cent to exchange money — about 80 per cent less than Canadian banks.

Bank customers don't pay the "mid-market" rate you see posted on the Bank of Canada or see in the paper. They pay the consumer rate, which has bank fees baked into it, and, often, other fees as well. Those can add up to additional charges ranging from 2 per cent to 10 per cent of the amount

transferred.

TransferWise's app converts money at the mid-market rate — the rate that banks pay among one another and offer big business customers. It then matches a request for foreign currency with a request for an equivalent transfer in the opposite direction — someone who has that currency and looking for Canadian dollars. The minimum fee is \$4.

"This is almost like the sharing economy in the financial sense, in that there are other people who need those currencies and we're just a tech platform that makes it move very efficiently," Käärman said.

The system verifies that both people have the money to swap, then makes the transfer. It can take up to two days to settle, though in more mature markets, that time is much faster. It is one of a growing number of financial technology disrupters looking to take market-share from the big banks. Competitors include PayPal owned Xoom and Seattle startup Remitly.

More traditional alternatives include remittance services, Western Union and small discount foreign exchange firms. There are also credit cards with no foreign exchange fees. In addition, CIBC maintains it is also "disrupting the market" with its elimination of upfront fees for international transfers.

TORSTAR NEWS SERVICE

Service Directory

To advertise contact **Gabrielle** at **613-369-5433**

July 5

TATTOO

PLATINUM TATTOOS N GRILLZ

WALK-INS WELCOME

Custom Quality Tattoos, Piercings and Jewelry including Grillz

1076 Merivale Road HOURS: Tues-Sat 12-7pm
tattoosngrillz.com • 613-725-6910

PlatinumTattoosnGrillz

HOME IMPROVEMENTS

Ottawa Decks and Docks

SPECIALIZING IN DECK FOR OVER 30 YEARS

We Offer Design Assistance and a "Settle Free Decks" promise

Bilingual & Efficient Service • pat_rick44@hotmail.com • 613-298-1277

Total Contracting

Basement • Kitchen • Bathroom

Qualified & Skilled Personnel for all your Renovations Needs
All concrete repairs and interlocking

From your Basement to your Roof
One Call Does It All

totalcontracting.ca **613-680-2188**

Businesses grapple with negative reviews

Canadian businesses are taking aim against negative online reviews that can often inflict crushing blows on a company's bottom line and reputation.

Some businesses have made headlines for the unsavoury tactics they've employed against their detractors.

One Quebec hotel even sued a guest for \$95,000 after he posted a review decrying bedbugs in the room, while an Ottawa restaurateur was found guilty of defaming a customer who complained that her pasta dish was not prepared according to her stated preferences.

But other businesses are instead taking a more professional approach by politely addressing the online jeers head-on.

Amid a sea of five-star reviews for the Fairmont Chateau Lake Louise was this recent Trip Advisor pan: "We were travelling with a tour group and this was

supposed to be one of the holiday highlights. It was not!" read the lengthy gripe, which raised several alleged problems.

The hotel immediately responded with an apology and a promise to follow up.

Other businesses are hiring companies to help them to both fight back against reviewers — or to avoid the negative feedback altogether.

"People aren't pointlessly vengeful."

Matt Earle

One of those companies, Reputation.ca, helps businesses manage the way they're perceived online. Matt Earle, the founder of the company, says that passively accepting or ignoring negative feedback can be devastating to a business.

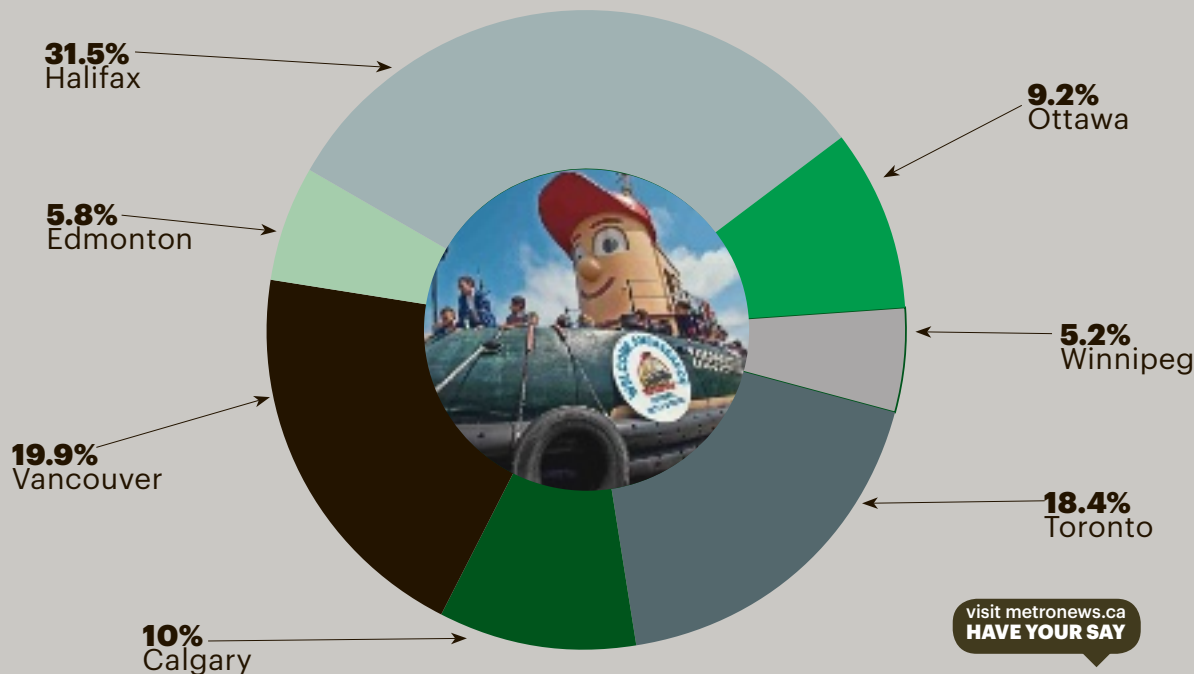
He points to a 2011 Harvard Business Review study that found that a one-star online increase in an organization's overall rating could lead to a five to nine per cent boost in revenue.

THE CANADIAN PRESS

METRO POLL

Halifax is your favourite Metro city!

Last week, on the occasion of our home and native land's 149th, we decided to settle once and for all which Metro city is the best in the nation. We asked prominent Canadians to extol their hometowns and then we invited you, the readers, to vote online. Here are the final results, adjusted on a per capita basis.



Planning for the winter of budgetary discontent

COLLINS' CAPITAL

Steve Collins



It seems it's always like this when company's coming.

The first time U.S. President Barack Obama visited Ottawa, in 2009, we were just wrapping up an ugly winter transit strike. Last week, we'd just managed to pave over that unsightly sinkhole.

Two days later, our work-over-in-progress city hosted Canada Day amid the under-construction NAC, War Memorial and much of everything near the LRT line, none of it in noticeable G7 capital shape. But wait! This marathon of makeovers, we can tell our guests, is all in aid of Canada's 150th birthday celebration next year, for which we promise to be at our most picturesque.

If that day seems hard to imagine in the midst of

2016's summer of pylons, it somehow seems closer than the icy, unlovely inevitability of the winter between them.

And yet this week's meeting of the transportation committee will be seized with salt and plow beats, Maintenance Quality Standards and all the other intricacies of our great civic winter chore as they try to trim its unpredictable costs.

The task is to shave \$6 million off the city's winter operations budget (\$63 million this year) by, as recommended by city staff and ubiquitous consultants KPMG, plowing a little smarter, but also, inevitably, a little less.

The report, which goes to committee on Tuesday, vividly illustrates the size of the undertaking, noting that "Ottawa is half the size of the province of Prince Edward Island."

Our inventory of plowable surfaces is similarly head-

spinning: 5,705 km of roads (the equivalent of a two-lane highway from Halifax to Vancouver) and 2,233 km of sidewalk (the length of a winter-dodging pilgrimage from city hall to Tampa Bay), plus 40 km of winter bike lanes, 7,500 parking spaces, and on and on.

What do you get when you dump a significant but also wildly varying quantity of snow (an average of 223 cm a winter, making us the third deepest-buried Canadian city) on all that territory?

Deficits, for one thing. We've racked up four consecutive shortfalls, from last year's comparatively modest \$7.5 million to 2013's deep hole of \$23.9 million, dug while shovelling ourselves out of that year's 272 cm snow dump.

You also get residents of that 5,705 km of roads wanting to know — right now — when their particular spot

along them is getting done.

One proposed change — holding off on plowing residential streets until at least 10 cm of the white budget-killer has accumulated (the current standard is 7 cm) — seems both a modest adjustment and potential political headache.

According to staff, the change could save a million dollars without anyone noticing. Snowfall between those two amounts only comes down an average of 3.6 times a season, but the unvarying rule is variance: it happened once in 2013, seven times in 2014.

And yet the proposal no doubt already has some councillors anticipating the deluge of phone calls, tweets and emails from constituents on the day of that first 9 cm snowfall. Everybody loves to save money, after all, until the economies start showing up on their own block.

EU is both symptom and potential cure



Joel Blit
For Metro

In the aftermath of the Brexit, it is tempting to paint the leavers as xenophobes or racists. And while there are some unsavoury elements within the Brexit movement, it would be simplistic to ascribe the movement's success to widespread bigotry. Moreover, doing so would preclude us from understanding the discontent. The leavers are right to feel aggrieved.

Economic integration has been sold as a rising tide that lifts all boats. In my undergraduate international trade course, one of the first lessons is that there are gains from trade for all countries. But what often gets overlooked is that within each country there are winners and losers. The reality is that while trade has brought many of the anticipated rewards, these have not been shared. The Organization for Economic Co-operation and Development reports that between 1975 and 2012 much of the income growth generated has gone to the one per cent of earners.

In the U.S., 47 per cent of the entire pre-tax income growth was captured by the one per cent. For Canada, this fraction was also large, at 37 per cent.

The major cause that most economists would point to is technological change. Software and robots are taking over routine jobs. And as the \$19-billion US acquisition of 55-employee WhatsApp showed us, technology has also allowed the creation of firms that generate massive value for the investors and entrepreneurs while creating precious few

jobs.

What is certain is that immigration has played at most a minor role in increasing inequality. Blaming immigrants for the low wages and lack of jobs is misguided.

Unless we are willing to halt technological progress, increasing income inequality may be a reality that we will have to cope with. This does not mean we have to accept that the rich will get richer while the poor will get poorer.

The implicit bargain is that for us to collectively agree to trade liberalization, those who benefit must share some of their gains with those who get hurt. Governments can ensure a good quality of life for all by implementing redistributive policies and offering quality public services, such as education and health care. Doing so will require that governments tax corporations and the very rich. But this is difficult for any one country because these groups are the most internationally mobile. As the Panama papers showed us, it is all too easy for the rich to set up offshore investments and avoid paying taxes.

Tackling inequality will require international co-operation and governance — just the sort of political integration that is best modelled by the EU, the very thing that the disenchanted voted to leave.

The leavers are right to feel aggrieved. But their anger at the EU is misplaced. Exiting will only weaken the one institution that offers a model for fighting inequality.

Joel Blit is a professor of International Economics at the University of Waterloo and a Senior Fellow at the Centre for International Governance Innovation.

metr 
Your essential daily news


CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shrout

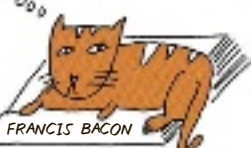
MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE 

PHILOSOPHER CAT
by Jason Logan

HOPE IS A GOOD
BREAKFAST, BUT
IT IS A BAD
SUPPER.



Philosopher cat now at
www.mymetrostore.ca



Check out your partner's moles

RESEARCH

Screening strategy helps identify new melanomas

Genna Buck
Metro Canada



Kathy Barnard's husband gives her an unusual, but sexy, gift each Valentine's Day.

He checks all her skin, from head to toe — for abnormal moles, that is.

As a survivor of melanoma, the most dangerous kind of skin cancer, Barnard is at high risk of a recurrence.

And research shows her screening strategy works.

In a new study, published last week in the *Journal of the American Medical Association (Dermatology)*, high-risk patients who had melanoma before and their partners were assigned either no special treatment or, instead, training on how to identify new cancers. They were followed up for two years, with dermatologist visits every four months.

The results were impressive.

Patients and their partners who got the training correctly identified more than 60 per cent of new melanomas (the remainder were diagnosed by doctors). On the flip side, participants in the group who got no training were not able to spot new melanomas on



New research has found that patients and their partners who received proper training were able to correctly identify more than 60 per cent of new melanomas. Participants who didn't receive training weren't able to spot new melanomas on themselves or their partners. ISTOCK



themselves or their partners. All the cancers for those participants were instead detected

“**It's not just your spouse, but everyone connected to you.**

Kathy Barnard

by doctors.

If it's caught in the earlier stages, survival rates for mel-

anoma are above 90 per cent. Most patients diagnosed with advanced melanoma, on the other hand, die of their disease within five years.

The extra education didn't seem to increase anxiety or encourage extra doctor visits, pointing to how programs like this, though the initial research is expensive, could save money in the long term.

Barnard, who is president

ABC'S OF SCREENING

Patients were given a simple A-B-C-D-E scorecard to help them remember how to screen their loved one's skin.

Assess moles and be aware of any that fall under the 3) description in each of the following categories:

Border

- 1) Smooth, regular border
- 2) Not sure
- 3) Jagged, irregular border

Colour

- 1) One or two colours, no blending
- 2) Not sure
- 3) Variety of colours with blending

Diameter

- 1) 4 mm or less
- 2) 5 mm
- 3) 6 mm or more

Evolution of any of the above

See your doctor within two weeks if any mole scores a 3) for B, C and D, or if there is any evolution at all in its border, size or colour.

The new research aimed to build on informal screenings people do at home, explained Dr. Jane Robinson, the lead author of the study.

She got the idea years ago when she was getting ready to discharge a melanoma patient after he had surgery to remove a cancerous mole on his back.

"I was explaining to this about-50-year-old man that he could develop another cancer, and telling him he had to check," Robinson said.

"I'll never forget it. He looked at me and said, 'Doc, my wife takes care of all that stuff!'"

"I said 'Where's your wife? Go get her! So he runs out the door with his shirt hanging out and brings in his wife from the waiting room."

Robinson taught the man's wife the warning signs to look for, especially in hard-to-see areas like his ears, back and the top of his head.

"She is all over it. Poking him, and questioning me so she could get it right," Robinson said. "It was out of love, to make sure he lived a long time."

In fact, Robinson added, partners who say they aren't particularly well bonded and don't spend much time together still succeed at identifying each other's cancers. Some even told her the screening ritual brought them closer together.

"People had a job to do," Robinson said. "They knew it was, 'Do this or the person could die.'"

modern dating a glossary

Concepts that have recently emerged in pop culture that may help you figure out your dating life. TORSTAR NEWS SERVICE

The term **softboy** was coined by Alan Hanson in a Medium article last August. It's a man who portrays himself as a complicated being with feelings but who is ultimately selfish. "He discusses his ex-girlfriend within the first 30 minutes of the date. He talks about her in a sad, wistful way rather than a snarky, resentful way ... He is artistic. He is aware. He is still a d---," writes Hanson.

Benching, as described by Jason Chen in *New York Magazine*, is when the person you're seeing continues to text you, Snapchat with you and send you memes on Instagram, but no longer commits to seeing you in person.

Haunting is when someone who ghosted you returns in the form of social media interactions — without being in touch directly with words. They like your Facebook posts and view your Snapchat stories, but unlike benching they don't get in touch directly.

Sliding is a form of social media flirtation that happens when someone you don't really know sends you a personal message on social media. They "slide into your DMs (direct messages)." It's an action that is usually a little precocious, if not abrupt. It usually happens before you've indicated any interest.

Fall and winter are considered **cuffing season**, a time when people who would usually prefer being single all of a sudden dread the idea of being alone. It makes them want to couple up, if only for those three to four months.

Tuning is flirting (usually online) in a way that skirts the possibility of being rejected and may lead to a booty call (or text). The person sends signals in the form of Instagram or Facebook likes, Snapchats and text messages. Once there's been a back and forth, validating interest, a late-night direct message could follow.



Canadian Olympic sprinter Khamica Bingham shows an exercise she does to work her gluteus maximus, the muscle group she relies on for explosive starts.

CHRIS SO/TORSTAR NEWS SERVICE

Canada's fastest woman on hard work, good rest and trust

KHAMICA BINGHAM

Young sprinter preps for race day with films, naps, makeup

Athletes — they're not just like us.

Leading up to the Rio Olympics and Paralympics, we take a look at Canadian athletes' diets, fitness routines and mental health, profiling Canadians who hone their bodies and sharpen their minds for competition.

Khamica Bingham, Canada's fastest woman, hasn't let success go to her head.

"When I'm off the track, I'm the laziest person ever," says the Brampton sprinter, 22. "For me, celebrating a victory is eating

my favourite food!"

In Rio, Bingham is expected to compete in both the 4x100-metre relay and the 100-metre sprint.

Your go-to food after a tough workout?

I don't have a huge appetite after a tough workout. I love smoothies or fruit. Later, I eat something more filling that has carbohydrates and protein because I'm starving by then. Chicken and rice with vegetables is my typical go-to food.

What's your eating plan on competition day at the Olympics?

Something with a lot of carbohydrates. My favourite meal is chicken parmesan with pasta on the side.

What are your thoughts on cheat meals?

I love chips! Or chocolate and a brownie with ice cream.

How do you de-stress?

Prayer is the best stress-reliever for me. When I'm really stressed and have to travel a far distance, I just let out any emotion that I need to and just talk to God.

How do you motivate yourself when you don't want to train?

As an athlete, there are so many days where you're mentally exhausted, physically sore or just tired. It's rough to get out of bed, but I try and remind myself that this is something I love to do, and I am blessed to be given the opportunity to run and chase after my dreams. I want to look back and have no regrets.

What goes through your mind the day of a competition?

I visualize what I want to do

in order to be successful. I try not to think about much else, because all the thinking and preparation happens in practice. For the competition, I like to just trust my body to do what it knows to do.

What do you do the day of a competition?

I get up early and have a healthy breakfast. Then I try and take a nap to make sure I'm really rested. I try to stay distracted by watching TV shows or movies on my laptop until I have to get ready. Then I listen to music as I get ready and put on my makeup — that gets me in the mood to go out and kick some booty!

How do you recover after a competition?

When I run really fast, the next day I'm super sore. A short jog or warm-up helps — so does

a massage — but ultimately, a day off is the best way to recover.

What workout/exercise do you dread most?

Speed endurance is my worst enemy! I dread it because the pain level is awful. Your legs get filled with lactic acid and feel like they weigh a million pounds. You're out of breath but also feel like you want to throw up.

Are there any workouts that you've eliminated from your training because you found they weren't effective?

The only thing I have eliminated from my training is static stretching before working out. Static stretching is your basic stretching when you hold a stretch for 20 to 30 seconds. I recently found out that it isn't as effective as stretching after your workout. TORSTAR NEWS SERVICE

DIET

Diabetes and your address

Canadian adults under 65 may be at greater risk of developing diabetes if they live in a neighbourhood swamped by fast-food restaurants with few alternatives, a new study suggests.

The study, led by a University of Toronto researcher and published in the Canadian Journal of Public Health in June, looked at data from 7,079 participants aged 20 to 84 living within a 10-minute walk of at least one restaurant in Toronto, Brampton, Mississauga or Hamilton. Researchers found that, over five years, people younger than 65 living in an area with a high proportion of fast-food restaurants (at least three) and few alternatives were significantly more likely to develop diabetes than those living in areas with a larger variety of restaurants.

"Our key finding is that the double burden of living near a high volume of fast-food outlets and few alternatives, such as sit-down restaurants or cafés, was associated with the highest risk of developing diabetes," said the study's lead author, Jane Polsky, a PhD candidate with U of T's Dalla Lana School of Public Health.

"The higher the percentage (of fast-food restaurants), the worse your diabetes risk."



The study results show that for approximately every 40-per-cent increase in the percentage of all restaurants classified as fast food there is, statistically, a nearly 80-per-cent greater risk of developing diabetes.

Study results accounted for factors such as age, sex, education, household income, smoking status and walkability and focused on how much the increased diabetes risk was because of restaurant exposures.

The high volume of fast-food restaurants and lack of healthy options may "normalize" fast food for consumers, said Polsky. TORSTAR NEWS SERVICE

+ HEALTH GIVE IT A REST, TEACHERS

A classroom full of hyper, rude and badly behaved students screaming at the top of their lungs — and refusing to settle — is enough to give any teacher burnout. But a new UBC study of 406 Vancouver students in Grades 4 to 7 sug-

gests the reverse might be true, too: Teachers' stress may be rubbing off on students.

Kids whose teachers reported more emotional exhaustion and feelings of disconnection from their students had higher morning

levels of cortisol, an important stress hormone. Children with mental-health and behaviour problems, as well as those who've been bullied, tend to have higher levels of cortisol. The kids' cortisol levels varied widely from class to class, and

the researchers found about half the variation could be explained by how much burnout the teacher reported. Though more research is needed, this study could be a reminder for parents and teachers to stay calm. GENNA BUCK/METRO





JOHANNA SCHNELLER
WHAT I'M WATCHING



The accused in the first episode of *The Night Of* is Muslim (Riz Ahmed), and the racism is chillingly casual. CONTRIBUTED

No quips or outrage, just brute ugliness

THE SHOW: *The Night Of*, Season 1, Episode 1 (HBO)

THE MOMENT: The weary indifference

We've just seen a horrifying image: a murdered young woman, stabbed 22 times. Cut to the police's night watch desk. A male receptionist repeats the particulars aloud as he jots them down. "Knife wounds," he says. "Stomach, chest, hands. Fatal." He sighs. "There's no way this can wait for the day tour, huh?"

His boss (Kevin Dunn) arrives. "Pull Mason and Sheehan off those ag assaults in Harlem," the boss says. "And don't give me any shit about life is cheap above 96th Street."

He calls Detective Box (Bill Camp). "Sorry to wake you," he says. "Thought you'd want in on this from the jump." He mentions the swanky address of the murder: West 87th Street.

"Brownstone?" Box says.

"Yeah," the boss replies. "It's

gonna get pretty photogenic out there."

No disrespect to *Law & Order*, but this series, from writer Richard Price (*Clockers*) and director Steven Zaillian, is the opposite of that stalwart one. There's no outrage for the victim here, no speechifying about justice, no snappy quips from the cops. There are just people who've seen it all grinding their way through the system, from cops to courts to prison.

Each milieu and character feels and sounds completely authentic, as do the long, still shots that point out the brute ugliness of the environment: scarred interrogation desks, rusted metal gates, clots of plastic bags caught on barbed wire. And because the accused is Muslim (Riz Ahmed), the racism is chillingly casual.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

LOUISIANA

Hollywood flees for sweeter taxes

Louisiana's once-booming film industry — dubbed Hollywood South — was off by as much as 90 per cent this past year, according to the Louisiana Film Entertainment Association. The drop is all attributed to the state's decision to wind down its generous incentives last July, scaring off movie makers.

Show biz in the state was booming as late as last year, thanks to a generous incentive program that offered productions tax credits equal to 30 per cent of their costs.

Between 2008 and mid-2015, more than 1,100 productions were filmed in the state, among them box office and Oscar-winning hits like *12 Years A Slave* and *Django Unchained*.

On the flip side, success did

not come cheaply: Louisiana also dished out about US\$1.4 billion in tax credits in the past eight years.

"We were the dog that caught the Cadillac," said Jan Moller, the director of the Louisiana Budget Project, a nonpartisan group that monitors state spending. "It was unaffordable."

And catastrophic budget news — a drop in oil prices that contributed to a state budget shortfall of \$1.6 billion last year — put an end to the largesse. Louisiana's politicians decided that halting tax breaks to Hollywood actors and film crews was better than firing teachers and closing hospitals.

And just like that, film crews went elsewhere: to Georgia, Kentucky and Canada, among other hot spots. THE ASSOCIATED PRESS

It's not easy being a star if you're above a size 2

RED CARPET

Some actresses find it hard to get designer duds for events

Ghostbusters star Leslie Jones' recent online lament about having trouble finding a designer to dress her for the film's premiere points to the challenges actresses face when it comes to walking red carpets in style.

While one nice tux might carry a male actor through many a premiere, it's customary for female stars to show up in new attire for every photo opportunity, which makes finding fresh, fashion-forward outfits for such occasions a time-consuming task, especially for women larger than a size 2.

"It's so funny how there are no designers wanting to help me with a premiere dress for (a) movie," wrote Jones, who is six feet tall. "Hmmm that will change and I remember everything."

But for designers, it's not just about their star clients fitting into smaller sizes, said celebrity stylist Nina Hallworth. It also has to do with creating a mutually beneficial partnership between the clothier and the star.

"It is about how a designer wants to be represented as an artist," Hallworth said in an interview. "We have worked with women who are sample sizes and incredibly well known and a designer will say no to that collaboration as creatively it is not a fit — even if we think it is."

As it turned out, designer Christian Siriano responded to Jones' call on Twitter last week and agreed to make her gown. He said in a statement that he's a fan of the actress and her work.

"I can't wait to create something special for her to wear," the statement said. "I support all women no matter age or size!"

"It shouldn't be exceptional to work with brilliant people just because they're not sample size," Siriano wrote on Twitter. "Congrats aren't in order, a change is."

He followed up later in the week with photos of Jones visiting his studio, where she said they are "making magic."

It's not clear how long Jones had been seeking a dress for the premiere, but she hasn't been alone.

Other actresses outside the size-2 landscape have said it can be hard to find designers to work with, even for high-profile events. Melissa McCarthy said that when she was invited to the Oscars after the success of *Bridesmaids*, she couldn't find



Actress Leslie Jones who is six feet tall, pictured with Ghostbusters co-star Kate McKinnon, has had trouble finding designers willing to dress her for the film's premiere. ALBERTO E. RODRIGUEZ/GETTY IMAGES

anyone to make her a dress.

"I asked five or six designers — very high-level ones who make lots of dresses for people — and they all said no," she told *Redbook* magazine in 2014.

McCarthy has since launched her own clothing line and helped design the dress she wore to this year's Golden Globes.

Bryce Dallas Howard, who wears a size 6, said she bought her own gown off the rack for the Golden Globes, as she does for most Hollywood appearances.

"I like having lots of options for a size 6, as opposed to maybe one option," she told *E!* News on the red carpet. "So I always go to department stores for this kind of stuff."

Hallworth notes that designers who loan their dresses might have specific demands for how they're worn.

"Free clothes can come at a cost to your own authentic style," she said. "If you own those pieces, you own your image and can wear things in a way that speaks your narrative, not the designer's."

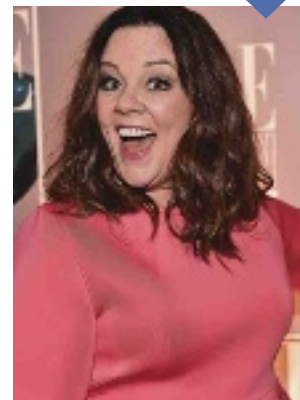
It comes down to an actress establishing a personal, individual look, she said, which then becomes a magnet for designers.

"Collaboration between designers and actors is symbiotic," Hallworth said. "A great image can last a lifetime; a bad one longer."

THE ASSOCIATED PRESS

"I asked five or six designers — very high-level ones who make lots of dresses for people — and they all said no."

Melissa McCarthy, on when she was invited to the Oscars after the success of *Bridesmaids*



"I like having lots of options for a size 6, as opposed to maybe one option. So I always go to department stores for this kind of stuff."

Bryce Dallas Howard told *E!* News on the red carpet at the Golden Globes



"David Eugene Chappelle... Start planning the next Player Haters Ball": Andre Iguodala's tweet after Kevin Durant's free agency decision

If you can't beat 'em, join 'em: Durant picks Dubs

NBA

Ex-MVP makes Golden State's star-studded cast brighter

Kevin Durant decided his best chance for "growth" means leaving his beloved Oklahoma City behind for a big move out West to join the star-studded, record-setting Golden State Warriors and play alongside Splash Brothers Stephen Curry and Klay Thompson.

In the most anticipated move of the NBA off-season, Durant announced his decision Monday on The Players' Tribune. His contract is for \$54 million over two years and includes a player option, a person with knowledge of the deal said Monday, speaking on condition of anonymity because details weren't made public. Durant's move will become official as soon as Thursday, when free agents can sign their new contracts.

Independence Day, indeed. "The primary mandate I had for myself in making this deci-

sion was to have it based on the potential for my growth as a player — as that has always steered me in the right direction," Durant said in the article. "But I am also at a point in my life where it is of equal importance to find an opportunity that encourages my evolution as a man: moving out of my comfort zone to a new city and community which offers the greatest potential for my contribution and personal growth. With this in mind, I have decided that I am going to join the Golden State Warriors."

And the 2015 champion Warriors, who squandered a 3-1 NBA Finals lead to lose to LeBron James and the Cavaliers last month, know how tough Durant is in any lineup: they rallied from down 3-1 to beat Durant and the Thunder in a seven-game Western Conference final.

Golden State applied a full-court press to land Durant. On Friday in the Hamptons, the Warriors sent owner Joe Lacob, general manager Bob Myers, coach of the year Steve Kerr, Curry and Thompson to meet with the six-foot-nine superstar.

The 2013-14 MVP and four-



The Golden State Warriors will soon boast the two most recent MVPs in Kevin Durant (2013-14), right, and Stephen Curry (2014-15, 2015-16). ANDREW BERNSTEIN/NBAE VIA GETTY IMAGES

time scoring champion led the Thunder to the NBA Finals in 2012, and to the Western Conference final in four of the past six years — and he's only 27. He recovered from a broken bone in his right foot that cost him much of last season to post one of the best years of his career.

Durant met with the Thunder, Warriors, Los Angeles Clippers, Boston Celtics, San Antonio Spurs and Miami Heat once teams could begin negotiating with free agents.

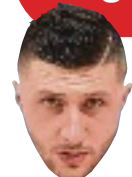
THE ASSOCIATED PRESS

That's crazy!!!!
KD in GSW????
... R they gonna
score 200
points a game



Wizards centre Marcin Gortat (@MGortat)

Somebody beat you! And you go there...? Superstar not doing that man.



Nuggets forward Jusuf Nurkic (@nurkic23)

“It really pains me to know that I will disappoint so many people with this choice, but I believe I am doing what I feel is the right thing. Kevin Durant

IN BRIEF

Gasol, Spurs agree on deal

The San Antonio Spurs didn't waste any time after losing out in the Kevin Durant sweepstakes.

The Spurs agreed to a two-year deal with veteran forward Pau Gasol on Monday, a person with knowledge of the situation told The Associated Press.

The deal is worth more than \$30 million and final terms will be completed after the Spurs make a move or two to create the necessary cap space.

Heat offer Wade \$40M

Dwyane Wade has an offer to consider.

Wade has been extended a two-year, \$40 million contract offer to stay with the Miami Heat, a person with knowledge of the negotiations told The Associated Press on Monday. The second year would be at Wade's option.

Mavs look to capitalize on Warriors' salary-cap issues

Andrew Bogut is headed to the Dallas Mavericks from Golden State thanks to the Warriors' successful pursuit of Kevin Durant.

A person with knowledge of the deal said Monday that the Mavericks have agreed to acquire Bogut with the Warriors trying to clear salary-cap space. The person also said the Mavericks are set to sign Harrison Barnes, who will become an unrestricted free agent after Golden State renounces his rights.

THE ASSOCIATED PRESS

WIMBLEDON

Raonic digs his way out of two-set hole

Canada's Milos Raonic advanced to the quarter-finals at Wimbledon on Monday, coming back from two sets down to beat Belgian David Goffin 4-6, 3-6, 6-4, 6-4, 6-4.

The sixth-seeded Raonic recovered confidently after struggling early in the match and won after trailing by two sets for the first time in his career.

Raonic, from Thornhill, Ont., will next face 28th seed Sam Querrey of the United States.

THE CANADIAN PRESS



Milos Raonic GETTY IMAGES

MLB IN BRIEF

Giants hand Rockies their sixth straight loss

Angel Pagan hit a two-run homer, Buster Posey also connected to back Jake Peavy, and the San Francisco Giants beat the Colorado Rockies 3-1 on Monday.

Peavy (5-7) struck out six over 6-2/3 innings.

Nolan Arenado hit two doubles, but the run-starved Rockies lost their sixth straight game and fourth in a row held to one or fewer runs.

THE ASSOCIATED PRESS

Red Sox march hit parade over Rangers

Brock Holt hit a two-run homer, Sandy Leon had four hits with three of Boston's season-high nine doubles, and the Red Sox beat the Texas Rangers 12-5 Monday.

Mookie Betts hit a two-run homer, Travis Shaw and Dustin Pedroia each added a solo homer as Boston banged out 13 extra-base hits.

The Red Sox had a season-high 21 hits.

THE ASSOCIATED PRESS

MLB

Polanco powers Pirates past Cards

Gregory Polanco homered twice and Jonathon Niese turned in his best start in almost a month to lead the Pittsburgh Pirates to a 4-2 win over the St. Louis Cardinals on Monday.

John Jaso also drove in a run for Pittsburgh, which has won five in a row, all on the road. St. Louis had a three-game winning streak snapped.

Polanco's two-run homer in the sixth off Carlos Martinez (7-6) put the Pirates ahead to

MONDAY In St. Louis



stay 2-1. He added a solo shot in the eighth for the first two-homer game of his career.

Pittsburgh, which has won eight of 10, recorded its fourth successive come-from-behind win. THE ASSOCIATED PRESS

CFL

Carter banned for bumping Campbell

The CFL has suspended Montreal Alouettes receiver Duron Carter one game for his part in a wild melee in a game on Friday against the Ottawa Redblacks.

Carter was hammered as he made a spectacular catch in the end zone in the third quarter. As he walked by the Ottawa bench, he bumped into head coach Rick Campbell, knocking him over.

The Redblacks rushed to Campbell's defence, throwing slaps and shots at Carter, who continued his celebration straight through the Ottawa bench area to his own bench.

Carter and Ottawa defensive back Jerrell Gavins were ejected from the game.

The Alouettes fined Carter for the incident on Friday.

"To tell the truth, I don't even know what happened," Carter said after the game. "I ran into the coach, apparently."

"I didn't even know I knocked him over. It's an emotional game. I'm excited. I got hit. I got a cut on my face from that hit. You tell me."

The Redblacks won 28-13 to improve to 2-0 this season.

THE CANADIAN PRESS

OLYMPICS

Canada names its Rio sailing team

Dannie Boyd already knew she was going to represent Canada at Rio.

The 26-year-old from Kingston, Ont., and 27-year-old Halifax crewmate Erin Rafuse earned an Olympic berth for Canada in the

women's 49er FX class last November at the world championships in Buenos Aires. They were nominated for the Canadian team at the beginning of March and haven't

stopped their never-ending quest to go faster on the water.

Still the official announcement of Canada's sailing team was welcome news — yet

another step forward in her Olympic dream.

"It's a good Monday," Boyd said with a laugh.

Boyd and Rafuse will be sailing in a boat named Maple in the 49er FX class,

which has been in the Olympics for men since 2000 but it is making its Games debut for women.

Boyd and Rafuse are part of a nine-athlete Canadian sailing team that includes

Nikola Girke, a veteran of three Olympics already.

Brothers Jacob and Graeme Saunders from Chester, N.S., will race in the 470 class.

THE CANADIAN PRESS

MEDAL DROUGHT

Canada's last Olympic sailing medal came in Athens in 2004 when Mike Wolfs and Ross MacDonald won silver in the Star class.

TOUR DE FRANCE

Stage 3 heats up with photo finish

Wearing the yellow jersey, Peter Sagan considered stopping at a cafe.

Hardly pedaling, the overall leaders in the Tour de France spent most of Monday's third stage chatting to one another and riding at such a leisurely pace that they could have fit right in on a town bike path.

"It was a very relaxed day for us. We went slow. It was nice," said Sagan, who playfully bumped shoulders with some of the other riders just to keep things interesting. "I was thinking one moment we were going to take the coffee like old time."

The morning caffeine didn't kick in until the very end of the lengthy and mostly flat 223.5-kilometre leg from Gran-



Mark Cavendish
GETTY IMAGES

ville to Angers.

That was when Mark Cavendish showed off his sprinting experience by edging German rival Andre Greipel in a photo finish.

Having also won Saturday's opening stage at Utah Beach, it was Cavendish's second victory in this Tour and 28th overall. The British rider with Team Dimension Data matched five-time Tour champion Bernard Hinault for second on the all-time list behind Eddy Merckx, who had a record 34 stage wins at the Tour. THE ASSOCIATED PRESS

In a glass case of emotion



Cristiano Ronaldo has two goals for Portugal in France, but he still appears to be off his top form. FRANCISCO LEONG/AFP/GETTY IMAGES

EURO 2016 SEMIFINAL SETUP

Madrid stars 'friendship will have to wait' till after match

When Portugal and Wales face off for a spot in the final of the European Championship, two players will be expected to rise far above the rest.

Cristiano Ronaldo and Gareth Bale, club teammates at Real Madrid and the most expensive players in the history of the sport, will bear the hopes of their nations on Wednesday night at Stade de Lyon.

None of the matches played at Euro 2016 has pitted two players of such unequalled star status.

The stage, fittingly enough, could hardly be bigger. The winner will earn a spot in the July 10 final at Saint-Denis against either world champion Germany or host France.

"Two of the best players on the planet," Wales coach Chris Coleman said. "I don't suppose there will be any love lost on the evening. We know what's at stake, any friendship will have to wait until after the game."

Less than six weeks ago, Ron-

aldo and Bale joined in celebrations after winning a second Champions League trophy in their three seasons together at Real Madrid.

Since moving to Spain on a record 100-million euro transfer that broke Madrid's own deal for Ronaldo, Bale has always played the role of deferential sidekick.

The match in Lyon offers Bale the stage to challenge that hierarchy.

He arrives in better form than Ronaldo. The Wales winger has three goals (only France's Antoine Griezmann has more with four), including two from free kicks.

Wales is also riding a huge high after the most important victory in its history: a 3-1 comeback to oust Belgium in the quarter-finals.

It means that Wales has taken the label of underdog fan favourite from Iceland

after its fairy-tale run was ended by France on Sunday.

Ranked outside the top 10 four years ago, Bale scored seven goals in qualifying to carry Wales into its first major competition since the 1958 World Cup. Once in France, it defied expectations by finishing ahead of England to win its group. It then topped that by becoming the first debutante to reach the semifinals since Sweden in 1992.

And Wales has made its run in style. With Bale leading the way, it is second only to France with 10 goals scored and joins the hosts as the only teams to have won four matches outright, not counting wins from shootouts.

Portugal, by contrast, has clawed its way into its fourth semifinal in the last five tournaments. Having squeezed into the last 16 after three draws at the group stage, it needed a win in extra time against Croatia and then penalties to get past Poland.

Across its five matches, Portugal has been in the lead for a total of only 22 minutes and Ronaldo's two goals against Hungary are his only two strikes at the tournament. While Bale leads all players with 13 shots on target, Ronaldo has the inglorious statistic of a competition-high 14 shots off the mark.

"If Cristiano Ronaldo doesn't score, it doesn't mean he isn't playing well and doing other things," Portugal coach Fernando Santos said in defence of his forward. "Cristiano Ronaldo is an example as captain of this side. He's doing a great job. He wants to win."

THE ASSOCIATED PRESS

+ TOURNEY NOTES

Less Pepe in their step?

Portugal defender Pepe is an injury concern for the semifinal against Wales with a thigh problem.

Khedira latest German player to fall to injury

Germany midfielder Sami Khedira has been ruled out of Thursday's semifinal against France with a groin injury.

Ref should be welcome sight to world champions

UEFA has appointed World Cup final referee Nicola Rizzoli to the Germany vs. France semifinal in Marseille.

The Italian referee, who officiated Germany's title-winning victory over Argentina two years ago in Brazil, will be working his fourth match at Euro 2016.

Del Bosque steps down

Vicente del Bosque, the coach behind Spain's glorious run of three major titles, confirmed on Monday that he is stepping down following the team's failed attempt to retain its European crown.

THE ASSOCIATED PRESS



Vicente del Bosque
GETTY IMAGES



Cristiano Ronaldo and Gareth Bale won their second Champions League with Real Madrid in May. GERARD JULIEN/AFP/GETTY IMAGES

DJ's remix of wedge play leads to breakthrough

PGA

Johnson has rocketed up rankings in approach shots

Dustin Johnson is not one for many words, and he really doesn't need to say much.

The easy smile behind the beard says it all.

If winning the U.S. Open wasn't enough, Johnson added his third World Golf Championship on Sunday, the first time he has won back to back.

His U.S. Open title was popular because of the hard times he had to confront in the majors and the confusion he had to face from the USGA for not making up its mind about a penalty on the back nine at Oakmont. And because Johnson is simply fun to watch and be around.

He was loose all week at the Bridgestone Invitational.

During the opening round Thursday, he checked a reporter's phone for the score in the deciding game of the College World Series. His alma mater, Coastal Carolina, won the school's first national title. Does that lessen his chances to be alum of the year? Johnson laughed and said, "Bro, I couldn't care less."

He is the U.S. Open champion and couldn't be happier.

Johnson was off to a sluggish start to the year, particularly because of the amount of time he took off and how little he had played. More than rust, however, Johnson was bothered by how poorly he was hitting his wedges at Pebble Beach. That's when he decided to change to something new — at least to him.

TrackMan has been one of the most effective tools at the highest level of golf, a device that uses radar technology to measure such things as spin rate, launch angle, ball speed, club speed, how far the ball carries and the angle of the face of the golf club when it strikes the ball. In short, it lets a player dial in every aspect of his game.



I just feel like the work I've put in with the putter is finally paying off. But I mean, it still comes down to you've got to hit the shots so you can have those putts.

Dustin Johnson

Johnson wanted it only for his wedges.

"All I look at it is carry numbers, just so I have more of a feel when I'm on the course and playing," Johnson said. "I felt like that was one area I needed to improve on. I felt like I was good with it, but I was too streaky. One day

I'd be perfect, the next day ... not that I hit them bad, I just didn't hit them good enough."

Now it's perhaps the most underrated part of his game.

Three years ago, Johnson was tied for 113th on the PGA Tour in approach shots from 50 to 125 yards.

Now he is No. 1 on tour. "Obviously, it's working," Johnson said. "So I'm going to keep doing it."

THE ASSOCIATED PRESS



Dustin Johnson has won his last two tournaments — the U.S. Open and this past weekend's Bridgestone Invitational. SAM GREENWOOD/GETTY IMAGES

UFC

Sultan looks to feast vs. Canadian

Lightweight Mehdi (The Sultan) Baghdad earned a diploma in culinary arts in his native France and loves to cook.

"When I have some time, I cook," he explained. "But I'm not really a cooker for diet (purposes), I just cook really good food."

Since cutting weight and hollandaise sauces don't really go together, Baghdad spends more time in the gym than the kitchen in his adopted California home.

But he can see calories on the horizon. On Thursday, the foodie fighter takes on Montreal's John (The Bull) Makdessi in one of three UFC cards in Las Vegas this week.

Brazilian Rafael Dos Anjos defends his lightweight title against No. 2 contender Eddie Alvarez in the main event of Thursday's Fight Night card at the MGM Grand Garden Arena.

Baghdad (11-3-0) is looking for his first win in the Octagon. The former world kickboxing champion was submitted in the first round by Chris Wade in January in a UFC debut fight Baghdad took on nine days notice.

Makdessi (12-5-0) has won six of his 11 UFC fights but has lost his last two — by split decision to Yancy Medeiros in December and second-round TKO in May 2015, also on short notice, at the hands of Donald (Cowboy) Cerrone.

The six-foot-one Baghdad will have a five-inch height and seven-inch reach advantage over the Canadian.

Unlike the fight against Wade, who took Baghdad down and beat him up on the ground before submitting him, Baghdad has had plenty of time to prepare for Makdessi, a dangerous kickboxer in his own right.

"For this fight, I can show who I really am," Baghdad said.

THE CANADIAN PRESS



Mehdi Baghdad
GETTY IMAGES

LPGA

Henderson successfully defends Portland title



Brooke Henderson GETTY IMAGES

The Cambia Portland Classic has had a little bit of just about everything as the LPGA's longest-running non-major, but in its 45-year history hasn't seen a teenage winner quite like Canada's Brooke Henderson.

The 18-year-old from Smiths Falls, Ont., became Portland's first back-to-back champion in 13 years when Henderson shot a final round 1-under 71 to win by four strokes over American Stacy Lewis at Columbia Edge-water Country Club.

"To repeat and try to defend a championship for the first time

and be able to do it is, I think, a really big deal," Henderson said. "Third win on the LPGA Tour is really cool."

The second-ranked Henderson posted a 14-under 274 for 72 holes, though it was a far different grind than her performance in 2015, when she won the Portland Classic by a record-setting eight strokes.

Henderson's final two rounds

became a collection of par saves after hitting many wayward drives and approach shots.

"I didn't really play my best today, but I hit good shots when I needed to, and I got some good breaks," Henderson said. "A weird day of golf. I hit some really good shots and some really bad shots."

Henderson became the first back-to-back winner at Portland

3

It was Henderson's third career win — she also won the Women's PGA Championship three weeks ago.

since Annika Sorenstam won consecutive tournaments in 2002 and 2003. The 18-year-old is the first wire-to-wire winner at Portland since the tournament went to a 72-hole event in 2013.

Henderson is the tour's second wire-to-wire winner this year, joining Ha Na Jang, who won the Coates Championship in February.

Henderson heads to this week's U.S. Women's Open at CordeValle in San Martin, Calif., having won two of her past four tournaments. THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

+ UFC 200

The UFC's international fight week culminates Saturday with a star-studded UFC 200 card that is headlined by a light-heavyweight title match between champion Daniel Cormier and Jon Jones.

RECIPE Pesto Pizza with Sundried Tomatoes



PHOTO: MAMA VISNEVI

Ceri Marsh & Laura Keogh
For Metro Canada



You'll want to spread this garlic-y topping on just about everything.

Ready in

Prep time: 5 minutes
Cook time: 15 minutes

Ingredients

- 2 cloves garlic, peeled and quartered
- 2 cups baby spinach
- 1 cup basil leaves
- 1/2 cup finely grated Parmesan
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large store bought flatbread
- 1 Tbsp olive oil
- 1 cup ricotta cheese
- 1/2 cup shaved Asiago cheese
- 1/4 cup chopped sun-dried tomatoes
- Chopped basil for garnish

Directions

1. Preheat the oven to 375 C. Prepare a baking sheet with parchment paper. In a food processor, mince garlic, then add the spinach, basil, Parmesan, oil and salt and pepper. Purée until smooth.

2. Lay the flatbread on the prepared baking sheet. Sprinkle with a bit of olive oil. Spread the pesto across the top of the flatbread leaving a 1/2-inch border around the edges. Drop heaping tablespoons of the ricotta onto the pesto. Sprinkle with Asiago and sun-dried tomatoes

3. Bake for 8 to 10 minutes, or until the edges of the crust are golden brown and the cheese is melted. Remove from the oven and sprinkle with chopped basil and slice into triangles to serve.

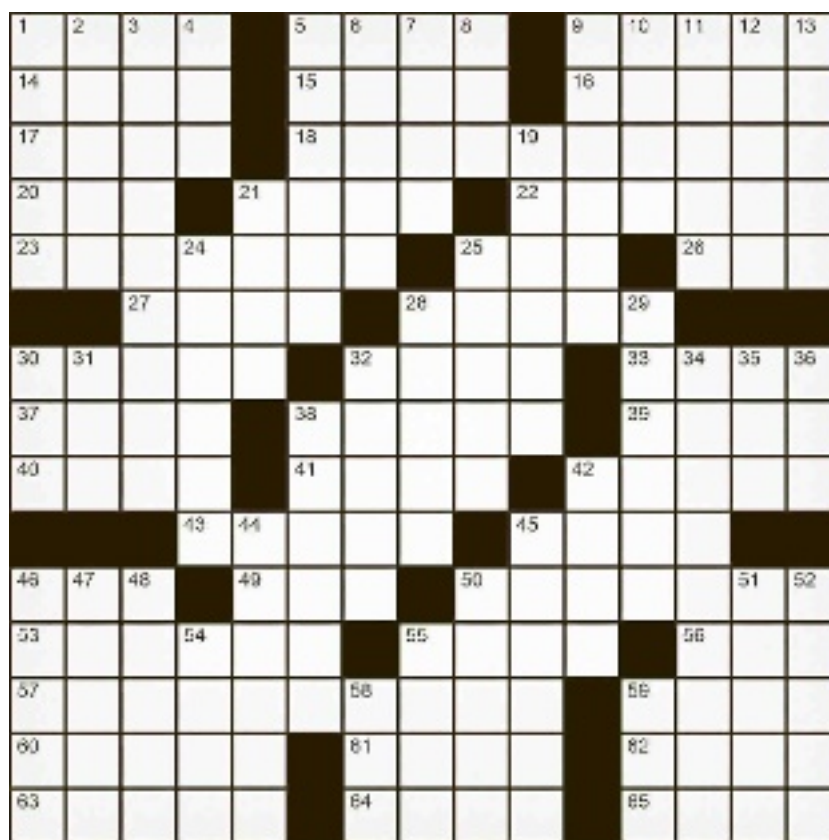
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Theo __, "Canadian Idol" Season 6 winner
- Track circuits
- Mr. Redmayne of movies
- Troll
- "How now, __?" - Hamlet
- 1987: __ Lake Accord
- Two-masted boat
- Canadian actor who played the character at #3-Down: 2 wds.
- Archaic-style suffix
- Reject in romance
- Sooner or later: 2 wds.
- Gods
- Opposite of 'Post'
- Parisian possessive
- Laundry fasteners
- Bowl game airship
- Superhero costume pieces
- Bank __
- Nullify
- Folk's Mr. Guthrie
- Informal-style of wording
- Ark's architect
- Feudal system land
- Wrongdoing, in law
- Wild*dog of Australia
- 'Pink' rock band's need
- Broadway hints
- Aries, The __



- Furthermore
- "Please don't squeeze the __!" (Classic TV commercial catchphrase about a toilet paper brand ...More at #3-Down and #18-Across!)
- Pilot a plane
- Blue/green

- Q. "What's the alphabet's 21st letter?" A. "Hmmm... either T __."
- Tick tock... Wrist band
- Funny routine
- Gas station measure
- River of England

- Confined
- Trickier
- __ the potatoes (Kitchen task)
- Skirmish

- request of customers at #50-Across: 2 wds.
- Sherbrooke seasoning
- "And now __ and gentlemen..."
- Seed coverings
- Agreement
- 'S' in NYSE [abbr.]
- "Lose Your-

- self" rapper
- Shoulder muscle, informally
- Mr. Arnaz's of "I Love Lucy"
- Green Day's "When __ Around"
- James __ (Canadian violin virtuoso)
- Electrician's concern
- Zippy dances
- Start the game of golf: 2 wds.
- Potted greenery
- Plank
- Even more small
- HS lunch-time spot
- Jackie O's hubby
- CTV's "W5" host Mr. Robertson
- "Hey, could you put that out please." requester
- Blondie's comic strip hubby, briefly
- Pleased interjection!
- Mick and Keith
- Bilateral
- Froth up the soap
- Quaint wedding location
- Singer, Lou __
- Be of service
- "The Secret Life of Walter __" (2013)
- Discontinue
- Russian model Ms. Shayk
- Like an almond or a pecan
- Large land lot
- Unfeigned
- Shirt
- Sun lotion no.x

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day for family discussions, because you are sensitive to what others want to say. Trust your intuition, especially in discussions regarding home repairs.

Taurus April 21 - May 21
This is a fantasy-filled, imaginative day. You might spend time day-dreaming; however, you will see new ways to accomplish something you want to do in the future.

Gemini May 22 - June 21
If shopping today, you might want to make extravagant, luxurious purchases. Make sure you can distinguish between wants and needs.

Cancer June 22 - July 23
Today Mercury is in your sign dancing with Neptune. This stimulates your creative imagination and makes you sensitive to the world around you.

Leo July 24 - Aug. 23
Today you might be interested in hidden truths, spiritual mysteries and the paranormal. You want to know the reason behind why things happen.

Virgo Aug. 24 - Sept. 23
A discussion with a friend or a member of a group will be mutually sympathetic today. This person is grateful that you understand where he or she is coming from.

Libra Sept. 24 - Oct. 23
In discussions with bosses, parents and VIPs today, you will be sensitive to the demands of their job and challenges. If you can help, you will.

Scorpio Oct. 24 - Nov. 22
Mystical and spiritual subjects fascinate you today. This is a good day to explore religion, poetry, music and occult subjects, because your mind is open to the unusual.

Sagittarius Nov. 23 - Dec. 21
If you divide or share something today, make sure you are fair to yourself as well as to others. You have an impulse today to be generous to those who are less fortunate.

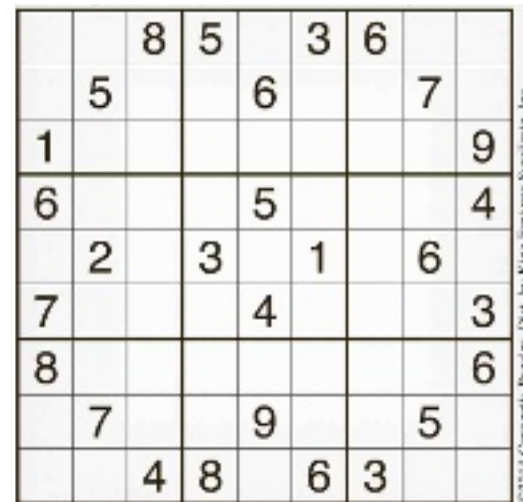
Capricorn Dec. 22 - Jan. 20
This is a good day for a heart-to-heart discussion with a close friend or partner. You will find it easy to see what this person wants or to imagine how he or she feels.

Aquarius Jan. 21 - Feb. 19
You will be bored with menial, routine tasks, because you want to discuss big concepts and ideas at work. Expect to be sympathetic to a co-worker.

Pisces Feb. 20 - March 20
Your creative vibes are hot today. This is a good day to explore music, the arts, theater, painting, drawing and anything where you can tap into your imagination.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



JUNE 30'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



CHARGED WITH IMPAIRED DRIVING?



NEW Location: 1901 Bank Street

www.xcopper.com